

Useful Contact Numbers

Family Information Service

0800 7834259

Plymouth Parent Partnership

01752 258933

Working / Child Tax Credits

0845 300 3900

Child Benefit Helpline

0845 302 1444

Citizens Advice Bureau

08448 269717

Plymouth Domestic Abuse Service

01752 252033

Beacon Park Police Station—Non

Urgent

08452 777444

Solve It

01752 605107

Working to resolve conflict before it goes to far for residents of North Prospect

North Prospect Partnership

01752 361769

Children's Centres & Schools in Surrounding Areas



Name	Area	Contact
Keystone—Morice Town	Morice Town, Ford, Keyham	01752 208660
Green Ark	Stoke, Devonport	01752 565555
TamarFOLK	Barne Barton, St Budeaux, Kings Tamerton	01752 431600
Fourwoods	Ernesettle, Honicknowle	01752 366795
Plymouth Y.M.C.A.	Beacon Park, Penny-cross, Manadon	01752 201918
Ham Drive Nursery School		01752 366389
Mayflower Community Primary School		01752 365731
Weston Mill Primary School		01752 365250

LARK Children's Centre
Sure Start Shop
99 North Prospect Road
Plymouth
PL2 2NA

All Centres offer different services, please contact the one in your area for further information

For other areas please contact
Plymouth City Council on
01752 307450

LARK's

Family Advice Worker

Louise Bowden

Do you live in
North Prospect or Ham?

Do you have children under 5?



Tel: 01752 512600
or 07794 268008

How Can I Help?

I am here to offer support to families with children up to the age of 5.

This service includes:-

- ☺ Help you to find out what is going on in your local area, and how to access services and groups
- ☺ To listen and support you
- ☺ To be a friendly face when you first attend groups
- ☺ Signposting to organisations
- ☺ Support you with visits to other Agency's
- ☺ Parenting support
- ☺ Can refer to the Safe at Home Project—FREE safety equipment for those who qualify

This is a new service at LARK and we want to ensure the service meets your needs. We can be very flexible and are happy to support you, so if you have a particular concern or if you don't see what your looking for on the opposite page , please call into the Sure Start Shop for an informal chat.

The shop is open:-

Monday to Friday
9am until 4pm

I am also able to visit you at home if you are unable to attend the shop or come along to groups at their request.

Do you need some support?



Some of the Groups we offer:-

Parent Circle

Mondays 9:15—11:15
Sure Start Community Room,
Rear of Ham Drive Nursery

Chatterbox

Mondays 1:30—3:00
Jan Cutting Healthy Living Centre

Jumpin Jacks

Thursdays 1:30—3:00
Sure Start Community Room,
Rear of Ham Drive Nursery

Young Parents Groups

Fridays 10:00—12:00
Jan Cutting Healthy Living Centre
(Under 25's)

For a full listing please refer to our Community Booklet or give me a call on 01752 512600

Most groups run term time only and are subject to change.